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In June of 1996 a risky freelance assignment took Sean Wisedale and TV presenter Derek Watts to the Base Camp of Mt Everest. They were there to cover a story of the controversial South African expedition of that year. Wisedale had scant knowledge of mountaineering or how that assignment would change the course of his life.

Seven years later, with a load of camera gear, bags of determination and a good measure of luck, this South Coast surfer became the first South African, and only the 79th person in history, to climb the highest mountain on each continent - the Seven Summits. A remarkable achievement, but one with a more ambitious objective. He was the guy with the hefty camera on his shoulder, traversing out or backtracking to capture the breathtaking scenery, always on hand to catch the drama, the triumph and the tears of his team-mates. And when frostbite, mountain sickness and blizzards turned them around, he just kept on going . . . all the way to the top.

Freeze Frame is a personal story of Sean Wisedale's passion and drive to capture rare motion pictures of his favourite heroines and fellow hooligans in high mountains and hostile places.

'A story of a remarkable man who has managed to blend the sheer blood and guts of mountain climbing with an incredible eye for artistic camerawork.' - Derek Watts

'The man films like a dream. He climbs like a machine. Who would have thought he could write too! This book resounds with Sean's most admirable qualities - energy and humour.' - Patricia Glyn

'What a perfect day, there's just image after image that you cannot believe'
-Sean Wisedale's view of the Himalayas from the summit of Mount Everest.

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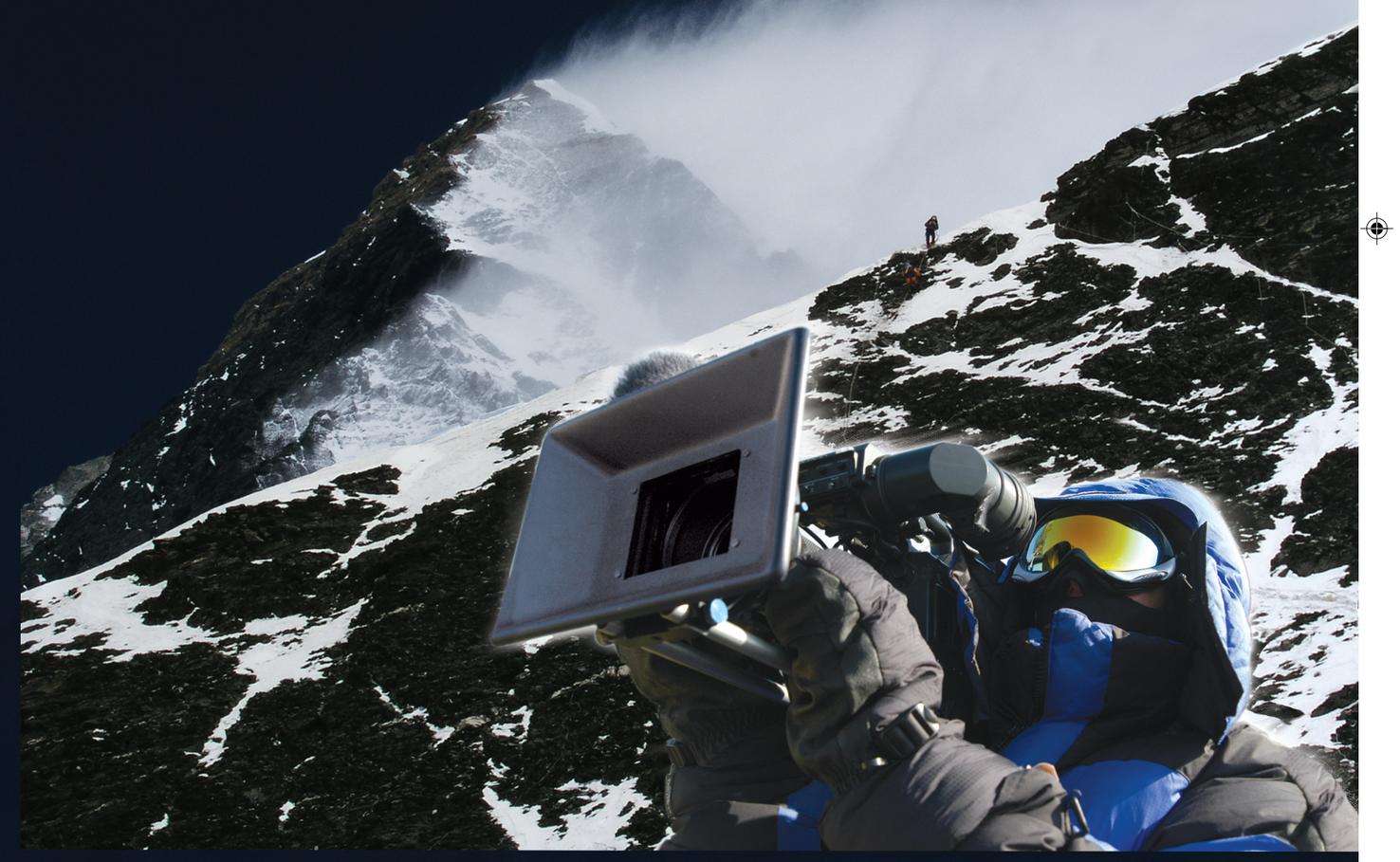
FREEZE FRAME

SEAN WISEDALE

7 SUMMITS

There are no second takes, you get one shot...don't miss it!

FREEZE FRAME



SEAN WISEDALE

The South African cameraman who made international mountaineering history